

RECIPE FOR HAPPY BELLIES :)

THAI NOODLE SOUP

10	ml sunflower oil	£0.01
4	spring onions, chopped	£0.15
1	tin coconut milk	£1.00
½	pack mushrooms, sliced	£0.40
2	cloves garlic, crushed	£0.06
1	tbsp dried coriander leaf	£0.15
2	red chillies, chopped	£0.16
4	tbsps soy sauce	£0.35
½	lime	£0.10
¼	pack frozen sweetcorn	£0.20
3	cm root ginger, grated	£0.17
1	can hot water	free
½	packet dried noodles	£0.50
		<u>£2.68</u>

4 PORTIONS = 67p/PORTION

METHOD: In a large non-stick saucepan, fry spring onions and mushrooms in a little vegetable oil for 2 minutes. Add garlic, chilli, and grated ginger. Stir to prevent sticking for 1 minutes. Add coconut milk and refill can with hot water from the kettle (taking care not to make can too hot to hold). Add soy sauce and sweetcorn, then cook for a further 5 minutes. Cook noodles according to packet instructions in a separate pan or bowl - drain just before they are completely cooked. Stir in lime juice and coriander and serve in deep bowls, sharing out noodles in the base of each bowl then ladling soup on top. Chilli can be reduced or omitted for more sensitive palettes, or a little honey or sugar can be added to take the edge off the heat.